

Aldridge Running Club - Clubnight Routes

January 2018

Date	Distance	Route	Leader	Middle	Back Marker	Meeting Point
02/01/2018	1 - 3 Miles	Leighswood Road Mile Loops				On the grass outside the club
	4 Miles	Laburnum Road 4				In the carpark
	6 Miles	Industrial 6				On road outside club gates
	9 Mile	Steady 9 Mile Group	Will be announced if arranged			On road outside club gates
	2 Miles	Walking Group				In the Club House
	N/A	Effort Sessions	Coach Reeves			In the Club House
09/01/2018	1 - 3 Miles	Leighswood Road Mile Loops				On the grass outside the club
	4 Mile	Laburnum Road 4				In the carpark
	6 Mile	Industrial 6				On road outside club gates
	9 Miles	Steady 9 Mile Group	Will be announced if arranged			On road outside club gates
	2 Miles	Walking Group				In the Club House
16/01/2018	1 - 3 Miles	Leighswood Road Mile Loops				On the grass outside the club
	4 Miles	Winter 4				In the carpark
	6 Miles	Shire Oak 6				On road outside club gates
	9 Miles	Steady 9 Mile Group	Will be announced if arranged			On road outside club gates
	2 Miles	Walking Group				In the Club House
	N/A	Effort Sessions	Coach Reeves			In the Club House
23/01/2018	1 - 3 Miles	Leighswood Road Mile Loops				On the grass outside the club
	4 Miles	Winter 4				In the carpark
	6 Miles	Shire Oak 6				On road outside club gates
	9 Mile	Steady 9 Mile Group	Will be announced if arranged			On road outside club gates
	2 Miles	Walking Group				In the Club House
	N/A	Effort Sessions	Coach Reeves			In the Club House
30/01/2018	1 - 3 Miles	Leighswood Road Mile Loops				On the grass outside the club
	4 Miles	Greenwood Road 4				In the carpark
	6 Miles	Mellish 6				On road outside club gates
	9 Mile	Steady 9 Mile Group	Will be announced if arranged			In the Club House
	2 Miles	Walking Group				In the Club House